

ABSTRACT

A removable and reusable cap for a container is provided. The cap has a platform portion and peripherally associated upstanding and downwardly extending portions, and a depression is defined across the platform portion. In the depression, 5 a dispensing aperture and preferably a vent are defined which are opened and closed by a closure plate that is received within the depression and that has a proximal end which is pivotably associated with the depression. The distal end of the closure plate is pivotally associated with a pull ring that is biased into association with the closure plate and that is nestably received in the closure plate, but that has a finger associatable 10 apex region. When the pull ring is pivoted upwardly, the closure plate is pivoted and the dispensing aperture and vent are opened, preferably the vent before the dispensing aperture.